

APRIL 2019 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



11 Longwell Avenue, Westminster MD 21157, 410-751-5501, www.westminstermd.gov The Mission of the Westminster Family Center's Group Fitness Team: To provide a safe and enjoyable environment for people of all ages and fitness levels by providing a variety of aerobic, strength training and mind body classes taught by Nationally Certified Instructors. **12 years of age up to 14 years old can participate in class with a parent or legal guardian.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a		<u>Cycle 30/</u> <u>TABATA 30</u> Gabby	<u>Ultimate Strength & Core</u> Maggie	<u>Cycle 30/</u> <u>TABATA 30</u> Gabby	<u>Rope Burn HIIT</u> Maggie		
8:00 a	<u>Cardio Dance</u> Dee		<u>Cardio Dance</u> Dee		<u>Light Dance</u> Dee <u>Yoga & Meditation 75</u> Joe	<u>Zumba 45</u> ★ Sarah <u>Hot Yoga</u> Bethany B	
8:15 a	<u>*Cycle 45</u> Maggie				<u>*Cycle 45</u> Gabby		
8:30 a							
9:00 a	<u>TABATA</u> Gabby	<u>Happy Hour at the Barre</u> Gabby <u>Flow Yoga-75</u> Karen	<u>*Cycle 45</u> Gabby	<u>Zumba 45</u> Lisa <u>Yin Yoga</u> Shawn		<u>Anything Goes</u> ALTERN <u>Barre</u> ★ Alex	<u>HIIT</u> Michelle <u>FlowYoga75</u> Cynthia
9:15 a					<u>*Cycle 45</u> Gabby <u>Yoga & Meditation 75</u> Joe	<u>Hot Yoga</u> Bethany B	
9:45 a							
10:00 a	<u>TABATA</u> Gabby <u>Flow Yoga</u> Joe	<u>Triple Threat</u> Maggie	<u>TABATA</u> Gabby <u>Vinyasa Flow Yoga 75</u> Cindy	<u>Butts & Guts</u> Bethany K	<u>Ultimate Strength & core</u> Maggie ★		<u>*Cycle 45</u> ALTERN
10:15 a	<u>Zumba</u> Alex			<u>Flow Yoga-75</u> Shawn	<u>Happy Hour at the Barre</u> Gabby	<u>*Cycle</u> Maggie <u>Flow Yoga-75</u> Cindy	
10:30 a							
12:00 p	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>		<u>Pick-Up Basketball</u>			
12:10 p	<u>Express Yoga-40</u> Shawn						
4:30 p	<u>Flow Yoga</u> Karen						
4:45 p		<u>Hot Yoga</u> Joe	<u>Flow Yoga</u> Bethany B	<u>Flow Yoga</u> Kelly			
5:00 p		<u>Kickboxing Bootcamp</u> Josh		<u>Ultimate Strength & Core</u> Maggie	<u>*Cycle-45</u> Kate		
5:30 p			<u>* Cycle</u> Teresa				
6:00 p	<u>Rock Solid & Core</u> Maggie <u>Flow Yoga</u> Kelly	<u>Zumba</u> Sarah	<u>TABATA</u> Gabby	<u>Zumba</u> Rhonda <u>Flow Yoga 75</u> Cynthia	<u>*Cycle</u> Kate		
6:30 p	<u>*Cycle</u> Wendy		<u>Barre</u> Alex				
7:00 p	<u>Mix It Up Monday</u> Kristy		<u>20, 20, 20</u> Kristy				
7:15 p		<u>Hot Yoga</u> Bethany B					

***CYCLE - SIGN UP AT THE FRONT DESK NO MORE THAN 48 HOURS IN ADVANCE 410-751-5501**

★ New instructor, format, time and/or location, ◆ New class, ■ dates to be announced, ~~Canceled class~~
● Third Floor Barre Studio, ● class length of 30, 40, 45, 75 or 90 minutes

▲ Westminster Municipal Pool, 325 Royer Rd, Westminster 410-857-5633

Yoga Studio: Yoga classes, **Cycle Studio:** Cycle classes, **Barre Studio (3rd Floor):** marked with ● symbol, **Gymnasium:** All other classes

All classes are 60 minutes unless noted. Class descriptions on reverse side.

Child Care is available during all classes (excludes classes before 8:30 am)

Schedule is subject to change EACH MONTH based on class participation.